SASKATOON metro®

Liberals vote for 'death with dignity'

But party leader Justin Trudeau's stand on legalized assisted suicide remains a mystery PAGE 4

The cost of 'free' downloads

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Today's issue may make you richer

Determine your 'burn rate,' such as how fast you burn through funds, to get back on track PAGE 12, 14 & 16

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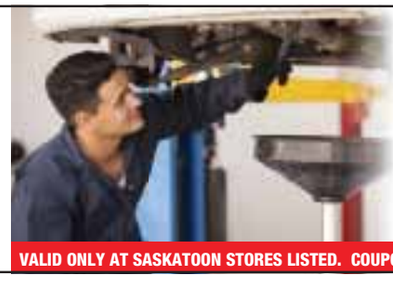
Boys of winter

Chris Kunitz of Regina celebrates after scoring against Sweden in Canada's 3-0 Olympic hockey win on Sunday in Russia. He received his gold medal after the game with fellow Sask.-raised players Patrick Marleau, left, and Ryan Getzlaf, right. OLYMPIC COVERAGE, PAGES 2, 18-21

LEFT: STREETER LECKA/GETTY IMAGES; RIGHT: PETR DAVID JOSEK/THE ASSOCIATED PRESS

CANADIAN TIRE



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NEWS 1

Sask. hockey fans pack bars to watch Team Canada win gold

Winter Olympic Games. Liquor and Gaming Authority allowed almost all licensed establishments to open at 5:30 a.m.

MARCO VIGLIOTTI
Metro in Regina

It was a hockey championship game, and victory, four years in the making. Of course, they weren't going to miss it, no matter the time of day.

Countless fans in Regina and Saskatoon crammed into bars, restaurants and wherever television screens were present early Sunday morning and roared with delight while watching the Canadian men's team down Sweden 3-0 to win the gold medal at the Olympic Winter Games in Sochi, Russia.

The Saskatchewan Liquor and Gaming Authority allowed almost all licensed establishments in the province to open at 5:30 a.m. and serve liquor for the big game, starting just after 6 a.m. CST. Red-and-white-clad revellers made the most of the opportunity.

"It's a pretty good feeling to be Canadian right now — that's for sure," Nina Gabruch said while watching at Hudson's Canadian Tap House in downtown Saskatoon.

"Canada is the biggest hockey country in the world. It's our sport."

About 200 excited fans streamed into the Press Box sports bar in Regina long before sunrise, low on rest but high in enthusiasm for the boys donning the red maple leaf.

"I wasn't surprised with all the traffic (on the road). It was 5:15 a.m., it was traffic everywhere," said fan Rich DeMay in Regina.

"The whole country is watching this game."

The crowd at the Press Box erupted when Regina native Chris Kunitz scored midway through the third period to give Canada an insurmountable 3-0 lead.

"There are two Regina boys on (the team)," Carey Gardner said in reference to Kunitz and Ryan Getzlaf, who were part of the squad along with Patrick Marleau of the Swift Current area.

"Hockey Night in Canada should have had cameras here, not in Toronto."

With the win, Canada has become the first country to win the men's hockey gold at consecutive Olympic Games since NHL players first hit the ice in the global sporting competition in 1998.

And like at the 2010 Games in Vancouver, the gold-medal match was a huge moment for the country's devoted fans.

"We all know where we were in 2010," DeMay said. "It's ... the same this year."

"It just brings us all together," added Bill Haberlach in Saskatoon.

"We unite and celebrate together." **WITH FILES FROM MORGAN MODJESKI/METRO**

Quoted

"It's a pretty good feeling to be Canadian right now — that's for sure.... Canada is the biggest hockey country in the world. It's our sport."

Team Canada fan Nina Gabruch, at Hudson's Canadian Tap House

Revellers wearing red and white packed Regina's Press Box sports bar to support Canada as it claimed its second consecutive men's hockey gold early Sunday morning, defeating Sweden 3-0 at the Winter Games in Sochi, Russia. Inset: Hockey fans at Hudson's Canadian Tap House in downtown Saskatoon cheer on Canada during its Olympic gold-medal victory. MARCO VIGLIOTTI/METRO IN REGINA; INSET: MORGAN MODJESKI/METRO

Ukrainian community rallies at legislature

Ukrainian-Canadians and their supporters rally on Sunday at the legislative grounds in Regina in a show of solidarity with protesters pushing for democracy in Ukraine against impeached president Viktor Yanukovych. MARCO VIGLIOTTI/METRO

Members of Saskatchewan's large Ukrainian community are hailing news that their homeland's embattled president Viktor Yanukovych was impeached by that country's parliament this past weekend, following weeks of protests against his rule in the capital city of Kyiv.

"As long as the people that come into power recognize who has given them that power ... it is a good thing," Danylo Puderak, executive director of the Saskatchewan council of the Ukrainian Canadian Congress, said at a rally on Sunday outside the provincial legislature in Regina. Yanukovych's controversial move to shun a closer association with the European Union in favour of more amicable ties with Russia has sparked some of the largest protests seen in the former Soviet republic since it gained independence in the early 1990s.

Violent and fatal clashes between demonstrators and authorities have drawn condemnation from the EU, the United States and Canada, which accuse Yanukovych of abusing his power by resorting to force to quell the protests.

Supporters at the legislature, many having driven from Saskatoon for the rally, said they're encouraged by the recent release from custody of opposition leader Yulia Tymoshenko and plans by parliament to hold early elections. Still, they say they want to keep the world's attention on the crisis.

"We need to keep this issue front-and-centre here in Canada and around the world, and I think that's what this trek to Regina will do," Kelly Block, MP for Saskatoon—Rosetown—Biggar, said at a rally earlier in the day in Saskatoon.

For many, the message is a simple one of support for those in Ukraine.

"Canada and Ukrainians in Canada, they're crying together with Ukraine," said Olga Rocheva, "and we support our brothers and sisters."

MARCO VIGLIOTTI/METRO IN REGINA WITH FILES FROM MORGAN MODJESKI/METRO AND THE CANADIAN PRESS

Blues rocker Suzie Vinnick returns to her roots

Award-winning blues musician Suzie Vinnick performs at the Women in (E) Motion Festival in Bremen, Germany, in 2012. COURTESY CHRISTINE MEYER

This year's Saskatoon Blues Festival will be special for award-winning musician Suzie Vinnick.

A recipient of 10 Maple Blues Awards, the 43-year-old, originally from Saskatoon, is excited to return to the city where she first performed the blues at Buds on Broadway more than 20 years ago.

"It was the only place I could go when I wasn't legal age to go into bars and ... play a few songs in front of people," said Vinnick, who lives in Wainfleet, Ont.

"I was terrified," she recalled. "But at the end of it, I would just be so stoked and so excited because people really responded."

In addition to performing on the Blues Festival's acoustic stage at Park Town Hotel on Friday, Vinnick will return to her old school, Holy Cross High School, as part of the Blues in Schools program.

An early introduction, she says, is key to a life-long love.

"It's really important with blues — or whatever genre of music — that when kids are exposed, you see the possibility ... of what you can do," she explained.

"It's really potentially empowering for them."

Al Wood, president of the Saskatoon Blues Society, said the event has something for everyone.

"People think it's just sad music, and it's not," Wood said of blues.

"It can be raw, rowdy, rambunctious and kind of get you soul-searching. And if you pigeon-hole it, you're doing yourself an injustice."

MORGAN MODJESKI/METRO

Get your blues fix

The Blues Festival will run from Monday through March 2 at various venues.

All Aboard puts the steam back into steam trains

Record attendance. Show on track to promote hobby for future generations of model railroad enthusiasts

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Model railroad enthusiasts from across Canada were on the fast track to Saskatoon this past weekend for the 30th annual Prairie Rail Workshop All Aboard Model Train Show.

More than 3,500 people were estimated to have attended the two-day event at the Western Development Museum (WDM) when it wrapped up on Sunday, and organizers said support continues to grow.

"There's many different aspects of the hobby that draw people to it," said Prairie Rail Workshop president Craig Mykytyzyn.

"When we started 30 years ago, we used to have our shows at the Albert Community Centre and for a weekend we'd be happy if we got 250 people," he added, noting the show has been hosted by the WDM for about eight years.

"In the initial years, we drew 1,000 to 1,500 people. And over the last three years, we've been increasing our attendance to 2,000, 3,000, 3,500."

Saturday saw a record one-day attendance of about 2,100 people, Mykytyzyn said.

There are some 30 displays this time around. Mykytyzyn said hundreds, if not thousands, of hours have gone into the miniature railway worlds.

Growing support

"With the electronic age, it's hard to get people interested in the trains ... so we're trying to draw them back in with the shows."

Maurice Dorge, model train salesman

Model train salesman and enthusiast Maurice Dorge of Winnipeg said the event is a chance to promote the hobby for future generations.

"We're trying to put more steam back into steam trains," said Dorge, who has attended the show for the past three years. "With the electronic age, it's hard to get people interested in the trains … so we're trying to draw them back in with the shows."

Prairie Rail Workshop president Craig Mykytyzyn and his five-year-old son Ross represented two generations of model railroad enthusiasts at the All Aboard Model Train Show at the Western Development Museum on Sunday.
MORGAN MODJESKI/METRO

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Spoke Songs. Ex-addict hopes biking helps others break out of vicious cycles

Vancouver's public-bike share may have stalled, but Jonathan Orr is unstoppable.

Struggling with addiction, Orr credits receiving an old Raleigh 10-speed bicycle in 2011 as a turning point in his life.

Riding and learning to repair the bike was pivotal in his recovery, and now — with the help of PHS Community Services Society — he's developing a bike-share program for others trying to overcome their substance abuse problem.

Spoke Songs, Orr's organization that promotes the healing value of cycling, kicked off its second year in Vancouver on Friday with an opening celebration at Vancouver's Interurban Art Gallery.

There, PHS and Spoke Songs accepted the first donations of "pre-loved" bicycles to help set up their own version of a bike-share program.

PHS executive director Liz Evans and Jonathan Orr. COURTESY COLIN ASKEY

Once enough bikes are collected, a series of guided rides to promote health through cycling will be organized.

PHS executive director Liz Evans said 14 bikes were donated Friday night, four of them brand new.

"They were pretty surprised at the quality of some of the bikes," Evans said.

MATT KIELTYKA/METRO IN VANCOUVER

Liberals vote to legalize medically assisted suicide

But where does the leader stand? Trudeau goes MIA as convention delegates pass 'death with dignity' resolution

Federal Liberals have voted in favour of legalizing assisted suicide, but whether Leader Justin Trudeau will run with the idea is a mystery.

Trudeau was not in the room Sunday when delegates to the party's national convention passed a resolution urging that voluntary, medically assisted death be decriminalized — although moments earlier he was outside the convention hall, cheering as the Canadian men's hockey team won gold.

He was in the room later when delegates gave him an overwhelming endorsement of his decision to kick senators out of the Liberal caucus.

In an interview with CTV, Trudeau declined to give his personal view on assisted suicide, saying he's waiting for the Supreme Court to rule on some pending cases which could provide guidance on the issue.

He did allude to the "death with dignity" resolution, jointly proposed by the party's women's and youth commissions, in relatively positive terms during a keynote speech Saturday, but stopped short of taking a clear stand.

The resolution, Trudeau said, challenges Liberals "to expand our idea of what it means to be a free citizen in a modern democracy" and "to reflect on giving terminally afflicted Canadians the choice to end their pain and suffering and plan their own death with dignity."

Voluntary, medically assisted death should be decriminalized, states the resolution — after a public consultation to recommend the criteria for allowing terminally ill Canadians to choose to end their lives and an oversight system to protect the vulnerable.

It passed by a show of hands after a brief debate.

Justin Trudeau votes on a resolution during the Liberal convention in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

THE CANADIAN PRESS

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'Potential.' Olympic chief hopes Canada launches another bid for the Games

Marcel Aubut hopes Canada bids to host another Games before his term as the country's Olympic boss is over.

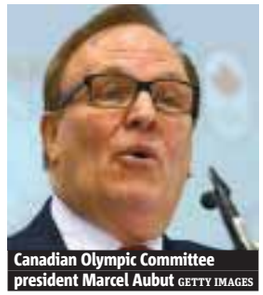
The president of the Canadian Olympic Committee was asked whether Canada will consider bidding on another Winter Games after seeing the success the Russian team has had in Sochi.

"What I want is Canada to get interested again, be serious about bidding for Olympics, winter and summer really … fine with me," Aubut said on Sunday. "There's potential not only in winter, there's also potential in summer, especially with the Pan Am Games in 2015 in Toronto. The next step could be like Rio, just getting the Olympic Games."

Rio de Janeiro hosted the 2007 Pan American Games, then won the right to stage the 2016 Summer Olympics.

Aubut, whose term is up in April 2017, was speaking at the COC's traditional wrap-up news conference at the Sochi Games.

Aubut said Canada's summer athletes need the lasting legacy of a home Olympics that winter athletes have enjoyed since the 1988 Calgary and 2010 Vancouver Games.



Canadian Olympic Committee president Marcel Aubut GETTY IMAGES

"We're more successful at winter Games, but we need more infrastructure for summer Games," Aubut said. "To be honest with you, I just dream that we get summer Games in our country, just for justifying a legacy of top infrastructure for years to come for so many youth of our country.

"But you need a mayor's signature to go forward. You need the federal government, you need all the provincial governments, you need everybody … to say, 'We'll do it.'

"I hope before I finish my term we will launch something very serious for being a contender for getting back the Olympics in our country."

THE CANADIAN PRESS

Farm quarantined

Pig virus found in Quebec

Quebec has confirmed a case of the deadly pig virus that has already killed millions of piglets in the United States, the fourth province to do so.

The province's agriculture ministry said on Sunday the virus was detected on a farm south of Montreal. The farm was placed under quarantine to prevent the virus spreading. THE CANADIAN PRESS

Diesel fuel spilled

Train derails in Montreal

Crews were cleaning up Sunday after a CN train jumped the tracks in a Montreal neighbourhood, spilling diesel fuel.

A CN spokesman said the train was travelling from Halifax to Montreal and wasn't carrying dangerous goods.

Paquin said two locomotives as well as two cars carrying grain came off the rails early Sunday in Montreal's St. Henri district — but all of them remained upright. THE CANADIAN PRESS

Pope Francis meets a family in St. Peter's Basilica, Sunday. THE ASSOCIATED PRESS

Strive to 'be saints': Pope

Francis's advice. 19 men elevated to cardinal were given advice on their new status as princes of the church by The People's Pope

Pope Francis on Sunday gave his new cardinals what amounted to a code of conduct: "no intrigue, gossip, power pacts, favouritism."

The Pope also urged the 19 men he elevated to cardinal a day earlier to avoid behaving as if they were in a royal court.

During his homily in St. Peter's Basilica, Francis told the cardinals to strive to "be saints." To achieve that, he advised them to simply love those who are hostile to them, bless those who speak badly of them and "smile at those who perhaps don't merit it." Advocating humility, Francis is trying to reform a church hierarchy that has been criticized as arrogant and nasty. Francis said Jesus didn't die on a cross "to teach us drawing room manners." He urged clergy to keep their priorities straight. THE ASSOCIATED PRESS

Wise words

"Be good servants, not good bosses."

Pope Francis the First
As his papacy draws near the one-year mark, the first Jesuit Pope created his first 19 cardinals, and then gave them some sage advice.

Compassion. North and South Korea hold rare family reunions

A South Korean daughter feeding her North Korean dad. THE ASSOCIATED PRESS

A year ago, North Korea vowed nuclear attacks to retaliate for U.S.-South Korean war games. But the start Monday of this year's joint military drills comes as Pyongyang allows wrenching reunions of elderly Koreans separated since the Korean War.

The reasons for Pyongyang's about-face are seen as having more to do with the impoverished country's desire to drive a wedge between Seoul and Washington and its need for money than with concern about the painfully brief reunions of Koreans who haven't seen each other since the war's end in 1953.

After a last-minute cancellation of reunions in September, Pyongyang allowed them to go forward this time after recent rare high-level talks with Seoul. On Sunday, about 360 South Koreans arrived in the North to meet dozens of relatives, the second and final group of Koreans to participate in reunions that began Thursday and end Tuesday. THE ASSOCIATED PRESS

Baseball's glory

Babe Ruth's 1923 pocket watch fetches $717K

Babe Ruth's pocket watch from the 1923 World Series sold for $717,000 at an auction Saturday.

The pentagonal 14-karat gold watch was bought by a telephone bidder who is remaining anonymous, Heritage Auctions said.

The timepiece was part of a set given to Ruth and his Yankees teammates after they beat their rivals, the New York Giants, in the 1923 World Series.

Babe Ruth's pocket watch
THE ASSOCIATED PRESS FILE

Ruth batted .368 and hit three home runs in the series, the first of the Yankees' 27 world championships.

Another highlight of the auction was a 1911 bat used by "Shoeless" Joe Jackson. It sold for $956,000. THE ASSOCIATED PRESS

City of Saskatoon | GROWING forward! Shaping Saskatoon

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Recovered. Documents detail lavish spending of Ukraine's ousted president

Cash: $13 million. Decoration of a dining hall and tea room: over $2.5 million. Statue of a wild boar: $128,000. "A bribe": $4,400.

These are some of the expenses detailed in financial documents found in President Viktor Yanukovych's abandoned residence, which was occupied by protesters after the leader fled the capital.

After Yanukovych's departure Friday, the estate was opened to visitors. Ukrainians, many bringing their children, rushed to tour the parks and reacted with wonder and revulsion at the opulence, including Yanukovych's private golf courses, pig farm and small zoo with ostriches and peacocks.

Meanwhile, journalists combed through heaps of documents that appeared to show a leader who basked in extravagant wealth while his country sought bailouts from both the West and Russia.

Many financial and other documents had been burned,

Ousted president Viktor Yanukovych THE ASSOCIATED PRESS

while others were dumped in a lake before Yanukovych fled his closely guarded residence, flying to the eastern city of Kharkiv, where his support base is strongest. But divers were able to retrieve many of the documents, and activists laid them out to dry.

Photos of the documents were posted online by Mustafa Nayem, a top Ukrainian investigative journalist for the Ukrainska Pravda website and Hromadske.tv online news channel. Other respected Ukrainian news outlets also reported on the documents. THE ASSOCIATED PRESS

Ukraine faces uncertainty as opposition assumes power

New government. After deadly political standoff, president leaves Kyiv but refuses to step down

A top Ukrainian opposition figure assumed presidential powers in Kyiv on Sunday.

President Viktor Yanukovych called the move a coup and insisted he would not step down, but his whereabouts and grip on power are unclear after he left Kyiv Friday for his support base in eastern Ukraine.

Protest leaders and Yanukovych agreed Friday to form a new government and hold early elections. Parliament slashed the president's powers and voted to release his rival, former Prime Minister Yulia Tymoshenko, from prison.

By Saturday, protesters had taken over the capital of Kyiv and seized the president's office as parliament voted to remove him and hold new elections.

Tymoshenko, the blond-braided and controversial heroine of Ukraine's 2004 Orange Revolution, spoke to an excited crowd of 50,000 in central Kyiv Saturday night from a wheelchair because of a back problem aggravated during her imprisonment.

On Sunday the parliament voted overwhelmingly to temporarily hand the president's powers to speaker Oleksandr Turchinov — one of Tymoshenko's most loyal allies.

The newly emboldened parliament struggled Sunday to work out who is in charge of the country and its ailing economy.

Fears percolated that some regions might try to break away as Ukraine is deeply divided between eastern regions that are largely pro-Russian and western areas that widely detest Yanukovych and long for closer ties with the European Union.

Yanukovych set off a wave of deadly protests by shelving an agreement with the EU in November.

THE ASSOCIATED PRESS

People gather for prayers and to listen to speakers in Independence Square on Sunday in Kyiv. BRENDAN HOFFMAN/GETTY IMAGES

Leaders call for democracy

U.S. President Barack Obama's national security adviser said that in a phone conversation with Russian President Vladimir Putin, the leaders agreed that a political settlement should ensure the country's unity.

- Meanwhile, former Soviet leader Mikhail Gorbachev said Sunday that the political crisis in Ukraine stems from its government's failure to act democratically.

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Fruits of labour felled as drought drags on

Alan Thompson of G&F Agri Service LLC looks at a tree as he manages a crew of heavy equipment operators that removed an almond orchard at Baker Farming Company in Firebaugh, Calif., earlier this month. The state's drought has forced farmers to remove some almond orchards earlier than they normally would because they don't expect to have enough irrigation water. Thompson said the drought hurting farmers has increased his business by about 75 per cent. SCOTT SMITH/THE ASSOCIATED PRESS

An RRSP plan for every stage of life

HOW TO ROLL
Alison Griffiths
metronews.ca

In a perfect world there would be no either-or financial choices. You would have piles of disposable income available to funnel regularly into retirement and education savings, non-registered investments and debt payments.

Alas, the world isn't financially perfect. At this time of year there are multiple calls on every savings dollar. Here are three age-specific RRSP strategies.

Under 45?
Contribute the maximum possible to an RRSP through automatic deposits. If you have children, use the annual refund for education savings (RESP). If you are still short of $2,500 annually per child (which attracts the maximum Canada Education Savings Grant of $500 annually), review the household budget to free up more cash. Cutting five to 10 per cent of spending isn't usually too painful.

But if high-interest debt is hanging around, pay it down with the refund.

Those without children should devote the refund to debt.

Over 45?
Focus on your future. There's still time to boost retirement savings but don't put it off any longer.

Increase RRSP savings even if that means chopping a vacation or reducing or stopping RESP contributions.

Deposit any refund into an RRSP. However, if there is high interest debt eliminate it first, then channel extra money into retirement savings.

Over 60?
Yes, there is still time to save. Don't borrow to contribute to an RRSP. It's too risky.

At this point, getting rid of personal and mortgage debt is critical. If you cannot increase payments, skip RRSP contributions until debt is manageable based on your expected (not current) post-retirement income.

Those with larger RRSP or other pension accounts should maximize TFSA deposits or save in a non-registered option for post-retirement flexibility and to reduce taxes.

Those with lower incomes who will be eligible for the Guaranteed Income Supplement may be better off saving in a TFSA.

RRSP facts

- Just 24 per cent of eligible tax filers make RRSP contributions. Of that group only one third maximize their annual contributions.
- 72 per cent of Canadians have unused RRSP contribution room.
- The maximum RRSP deduction limit for 2013 is $23,820.
- 50 per cent of Canadians aged 18 to 34 have an RRSP — the highest percentage in six years.

Sources: Statistics Canada, Ipsos Reid annual RBC RRSP Poll

'Free' downloads could cost you big time

A Canadian Internet service provider has been ordered to hand over the names and addresses of about 2,000 customers who allegedly downloaded movies online.

A Federal Court decision released Thursday compels Ontario-based TekSavvy to identify the customers allegedly linked to downloads of films by the U.S. production company Voltage Pictures, which is behind the likes of The Hurt Locker, Dallas Buyers Club and Don Jon.

As a result, those TekSavvy customers could eventually receive a letter from Voltage threatening legal action. Under the federal Copyright Act, statutory damages for non-commercial infringement range between $100 and $5,000.

"It's going to be up to the courts to decide what the appropriate penalty is," said Voltage's lawyer James Zibarras.

"Obviously the public has almost become accustomed to downloading movies for free and it's being done on a massive scale. And of course the public loves justifying what they're doing and when someone tries to stop it they invariably want to come up with arguments as to why it should not be stopped."

THE CANADIAN PRESS

TekSavvy was ordered to hand over names of customers who allegedly downloaded films by Voltage Pictures, such as Dallas Buyers Club. CONTRIBUTED

Smartwatches. Is Samsung fit enough to take on Fitbit?

Samsung unveiled two new computerized wristwatches on Sunday, this time including health sensors and related fitness features to give people a reason to buy one.

Samsung's first Galaxy Gear smartwatch came out last fall amid much fanfare, but it landed with a thud in the marketplace. Samsung and its smartwatch rivals had failed to persuade many consumers that they need to be able to constantly check messages from their wrists. Wearable devices that succeeded tended to be fitness products such as the Fitbit.

The new Gear 2 and Gear 2 Neo will have a heart rate sensor, a pedometer and various tools to measure exercise, sleep and stress levels. The low-resolution, 2-megapixel camera on the Gear 2 is being moved to the main body; it was on the strap on the original Gear. The Gear 2 Neo has no camera and is slightly larger, but lighter.

THE ASSOCIATED PRESS

Group of 20 meeting

G20 vows to boost world economy by $2 trillion by 2019

Finance chiefs from the 20 largest economies agreed Sunday to implement policies that will boost the world GDP by more than $2 trillion over the coming five years.

Australian Treasurer Joe Hockey, who hosted the Group of 20 meeting in Sydney, said the commitment from G20 finance ministers and central bankers was "unprecedented." The world economy has sputtered since the 2008 financial crisis and global recession that followed. THE ASSOCIATED PRESS

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UKRAINE CRISIS HITTING HOME

URBAN COMPASS

Christina Cherneskey
saskatoon@metronews.ca

The political turmoil that has seized the attention of the world is particularly felt here in Saskatchewan.

Should Ukraine's president, Viktor Yanukovych, question this province's demands that he stop the violent acts upon the tens of thousands of protesters in his country, he must consult his history and aim his cannon not at the protesters in Kyiv, but at Sir Clifford Sifton.

It was Sifton, Canada's minister of the interior under then-prime minister Wilfrid Laurier, who unwittingly seized a moment in time and enticed thousands of Ukrainians to this country. This act of opportunity changed the course of history in Ukraine and Canada, and entrenched an unshakeable sense of democracy that nearly every Ukrainian-Canadian cradles.

The first officially recorded Ukrainian immigrants to arrive in Canada were from western Ukraine in 1891. More than 200,000 followed. In Saskatchewan, they took homestead in places such as Yorkton, Beaver Hills, Preeceville, Crooked Lake and Wroxton.

At the time, there was a strong and well-defined class structure in Ukraine.

The Russians made up the government. The landowners were mainly Poles. The tradesmen were often Germans who had come to Ukraine during the reign of Catharine II. Ukrainian people, on their own soil, were often at the bottom of the ladder.

Toward the end of the 19th century, the completion of a railway in 1885 opened Canada's West for settlement and provided transportation for wheat. Sifton needed workers, so he offered free land. Much of it was here, even before Saskatchewan had its name.

It was Ukrainians who fled poverty, corruption, over-population, the threat of war and forced starvation to come to Canada. They bravely bade farewell to families and friends. And even when they were stripped of their identities at the border and told they were Austrians, Poles, Russians, Romanians or Hungarians, they remained Ukrainian. And they taught that determination to their children, who taught their children, and so on.

It is no wonder that this battle in Kyiv's Independence Square rings so true. The history runs deep in Ukraine and Canada. It is almost as though there has been no choice but to stand and fight.

Saskatchewan stands behind the once-peaceful protesters in Ukraine. We are the first province to officially raise the Ukrainian flag in solidarity. We are the first province to vocally demand immediate sanctions upon Yanukovych.

Even though he has fled, likely in terror, Yanukovych insists he has fallen victim to a coup d'état. And there is no mood of celebration. No one in Kyiv can forget the terrible human cost of this revolution.

Ukrainians in Saskatchewan will continue to go back to their ancestral land with concern and compassion, to help those who have waged a revolution against a government whose actions are painfully too similar to what has happened before.

CHRISTINA CHERNESKEY IS NEWS DIRECTOR AT 620 CKRM IN REGINA

ZOOM

Panda hangs out slide-side

IMAGINECHINA/REX

Panda cub lives life on the edge

It's time for some panda playdown at Chimelong Safari Park in Guangzhou, southern China.

The six-month-old giant cub called Long Long seems to be freestyling with his very own version of toy-slide parkour.

These cute critters are known for their playtime antics with one YouTube video of sliding pandas reaching almost six million hits.

METRO WORLD NEWS

In danger

- Experts estimate there are only 1,000 giant pandas living in the wild, thanks to human destruction of their habitat in search of natural resources. The majority are found in China.
- The creation of 14 new panda reserves in China brings the total number of facilities to 26.

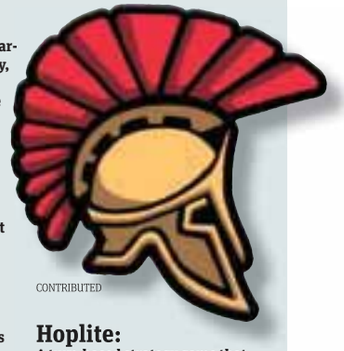
Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Well, the Olympics are over and now we all have to turn back to old-fashioned ways to while away the hours. Here are a couple of mobile games to help solve that problem.

Threes:

After the abrupt demise of Flappy Bird, Threes is easily the current darling of the App Store. The gameplay, boiled down, consists of sliding boxes around your screen to create factors of three. Sounds terrible, right? Incorrect. Things can get quickly out of control as your actions force other blocks into shifting about the screen, laying waste to best-laid plans. Ugh. That still sounds weak. You just have to see it in action. It's the ultimate mobile game. (iOS/$1.99)



CONTRIBUTED

Doctor Life:

If Threes sounds a little hectic, this gentle hospital sim eases you into things with a basic tutorial on how to make your pocket clinic run smoothly. Diagnose patients, succeed at random challenges and expand your hospital to become the premier fake health-care institute in your fake community. (iOS/$2.99)

Hoplite:

A turn-based strategy game that tasks you with moving troops across a hex-based grid, battling any obstacles that try to put a damper on that march. The graphics couldn't be much more basic, but the randomly generated levels ensure infinite replay potential. (iOS/$1.99)

Twitter

@metropicks asked: What would you say to the mom who bought 19 'indecent' T-shirts after a store refused to remove them from display?

@ctmwyn: All the power to this move. I would even suggest returning the purchase at the same location.

@Canucklehead_ca: Overheard minutes later at store HQ: "They're FLYING OFF THE SHELVES there - send them a TRIPLE orders ASAP!!!"

@SteveDodd: Next stop for her: Source Adult Video.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: saskatoonletters@metronews.ca

metro

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E-books

Brian Cox's Wonders Of Life

By. Brian Cox

iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

It's like falling down Alice's rabbit hole by way of Google maps. This companion book for the BBC TV series (now playing on TVO, and on the video player at ww3.tvo.org/video) beautifully envelopes its scrolling pages within immersive animation and video layers revealing the physics of monarch butterflies, robber crabs, and bent-wing bats amongst others. Cox's journey contemplates these underlying processes as exquisite insights into life itself.

Box office

Lego holds strong lead at the box office

The Lego Movie continues to lead at the box office in its third weekend, besting 3 Days to Kill and Pompeii on their opening weekends. The film earned $31.5 million US, according to studio estimates Sunday.

THE ASSOCIATED PRESS

Taking on a task of biblical proportions

Son of God producer Mark Burnett, left, on the set with actors Darwin Shaw and Diogo Morgado. Son of God opens on Friday. CONTRIBUTED

Son of God. The man behind Survivor and The Apprentice takes a leap of faith with a project that's personal

STEVE GOW
scene@metronews.ca

He may have helped create television hits like The Apprentice and Survivor but Mark Burnett hates the term reality TV. Instead, he prefers to call his work non-fiction storytelling. Now marking his big-screen debut with Son of God — in theatres next Friday — the question is how does the famed producer describe an epic movie about Jesus Christ?

"This is just a full-on feature film for the big-screen. It just happens to be a true story," explained Burnett during a recent interview with his wife and co-producer Roma Downey in Toronto. "With us, it is our faith."

The story of Jesus has certainly proved its endurance upon western culture, noted by Burnett in the multitudes of multi-generational art and movies that have been made about Jesus.

In particular, the devout co-producing pair felt responsible to ensure the miraculous story measured up to the rest of pop culture's productions.

"Somehow every decade, (old Bible stories) come back on, and they beat current programming," said Burnett who points out that his successful History Channel mini-series The Bible (on which much of Son of God was based) helped prove the power of faith-based entertainment.

"Clearly the Holy Spirit translates."

Burnett may have brought extensive productions like Survivor to air, but he and Downey knew taking on the narrative of Jesus of Nazareth was going to be an especially enormous task. What the duo perhaps didn't anticipate was the emotional attachment to making a project like Son of God.

"We've been invested in all the jobs we've done and we've always tried to bring our very best to those jobs, but this is different," admitted Downey.

"This isn't just bringing the best of us. This is infusing not just what we do so it resonates through everything. It's deeper than everything. It's more meaningful."

Behind the scenes

- **Tough shoots.** "The most challenging to film was the crucifixion sequence," admitted Roma Downey. "Even though we were just recreating it, the brutality of it, the inhumanity of it, the suffering of it (was) so upsetting for everybody."
- **The supporting cast.** "Nobody's presented as perfect people. (The Disciples) didn't know they were in the Bible. They were just real people living their lives in enormously challenging circumstances and very dangerous times, looking for hope," says Downey.

Chu on this, Jeopardy! nerds

Pinball wizard. How a contestant gained instant infamy by injecting the genteel game show with a dose of strategy

Arthur Chu was sitting in the green room with other Jeopardy! contestants. It was November and inside Sony Pictures Studios, just outside of Los Angeles, an orientation meeting was underway. The dozen or so people assembled in the room just before 8 a.m. had broached the inner sanctum of television's brainiest franchise. They had moved from the online test to the written test, the screen test, the interview, a mock game and, finally, had been summoned from the waiting pool.

Getting on Jeopardy! is the game show equivalent of joining the Bilderberg Group. Many try, few do. But for Chu, who first applied four years ago, this was no time to blink or exhale, not with a head full of bubbling strategy.

Most of us think of Jeopardy! as a trivia game. From world geography to U.S. presidents, science to literature, it's what you know that matters. But with only a month to prepare, Chu decided to think of Jeopardy! in a different way: it's how you play the game that matters. That simple decision would soon make him one of the most polarizing players in the show's 30-year history.

During the meeting, show handlers gave the jittery charges a pep talk. They encouraged the players to cycle through each category, from top to bottom. This "traditional" style simplifies life for production staff, the writers, host Alex Trebek and, most important, the 25 million viewers at home who watch the syndicated show each week.

Then the handlers said a few past contestants had "jumped" around the big blue board. While bouncing was not ideal, they added almost with an invisible sneer, it was also not against the rules. It was acceptable. They even named names.

Arthur Chu poses with host Alex Trebek on the set of Jeopardy! CONTRIBUTED

Sitting there, Chu didn't say anything. He didn't have to. He probably knew more about the history of bouncing than any other contestant in the room. He had spent hours analyzing the strategy, dissecting the games of Jeopardy! superstars, including David Madden, who went on a 19-game winning streak in 2005; Roger Craig, who in 2010 set the one-day record with a $77,000 win; and Chuck Forrest, the 1986 Tournament of Champions winner and pioneer of jumping around the board, which is why enthusiasts call it the Forrest Bounce.

Chu was ready to jump. What he wasn't ready for was the blowback.

"I was expecting a bit of a negative reaction when I did it," says Chu, who returns to the show on Monday to defend as the four-day champion with $102,800. "I just didn't expect that there would be this much attention paid to the negative reaction, that it would become a story in and of itself. I don't know why that happened."

When his first match aired on Jan. 28, Chu inadvertently set off radioactive blasts in living rooms across North America. Soon after that match aired, a narrative drumbeat — "evil genius cracks the code on Jeopardy! and infuriates viewers with unorthodox play" — pounded its way into the echo chamber that is the mainstream media.

Through the unlikeliest of Trojan horses, Jeopardy!, Chu stormed popular culture. He's been the subject of dozens of stories. He's appeared on CNN, ABC and Fox News, where bewildered hosts often ask him to explain himself, as if he's just robbed a bank using telekinesis.

Lost in the reaction to the reaction were his actions.

While others have bounced — framed photos of renowned jumpers hang in the studio's Hall of Fame — Chu is like a rubber ball inside a paint-shaking machine. He makes wagers that seem insolent or slapdash — $5 on a Daily Double here, everything on another one there, twice betting to tie during Final Jeopardy. But all he's really doing is following the algebraic wisdom of the number-crunching demigods embedded inside the show's online community.

Chu is not an inventor. He is a creation.

Then there's the top half of the board, which might as well be festooned with explosives. Chu stays clear and focuses on the higher-value clues down below where the Daily Doubles usually lurk, seeking them out like a heat-seeking missile.

"Arthur is much more aggressive in hunting the DDs," says Chuck Forrest, who came up with the bounce idea in 1985 while in law school in Michigan and who now lives in Italy where he's a lawyer with the International Fund for Agricultural Development. "I mainly bounced from one category to the next, but I didn't jump down to the lower rows. I think this is the first time that someone has gone digging down at the bottom, leaving the upper clues unselected."

That's Chu, the player. Which brings us back to Chu, the TV caricature.

When the game is on, he emits the kind of aloof, vaguely menacing gaze you might expect from Anna Wintour in the front row of a clumsy Prada show. He clicks his buzzer so rapidly, so repetitively, it's as if his thumb is operating independently of his body and is powered by metallic hydrogen.

When making his board requests to Trebek, Chu often shortens categories and dollar values to keep things moving. Why say "six hundred" when you can say "six"? It's like he's speed-dating the questions and none are worthy of his love. He also speaks quickly. Very quickly. Veryveryquickly. So quickly, it feels like there was a technical malfunction and the poor guy was accidentally locked in fast-forward. But it's the bouncing that seems to grate the most.

Unfortunately, since there are more important things to study like medicine and climate, there is no scientific literature on the neurological effects of bouncing. But the advantage, in short, is the jumper knows what's coming next. Chu is "breaking the set" and possibly interfering with the memory and recall of his opponents, who now must handle the added cognitive burden of unpredictability. He is in the lead. Opponents are one step behind. Viewers are bumping into walls. TORSTAR NEWS SERVICE

Watch it

- **Return of the champ.** Arthur Chu will defend his title and try to add to his $102,800 US in wins tonight on Jeopardy!

Quoted

"He stole Kim Jong-un's haircut."

A sample of the Twitter hate comments written against Jeopardy! contestant Arthur Chu

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metro

Nyong'o calls Leto dating rumour 'crazy'

Lupita Nyong'o

She's still fairly new on the scene, but 12 Years a Slave star Lupita Nyong'o is sure getting the hang of this fame thing. She's even laughing off her first tabloid rumour: that she and fellow Oscar-nominee Jared Leto are dating. "But I thought Miley Cyrus broke us up. That was the last thing I heard," Nyong'o joked to Ellen DeGeneres during an interview. "It's crazy because when I read these rumours, I mean, they're so detailed that even I start to question if they're true or not."

Twitter

@Ian-McKellen

Congratulations to my friend @SirPatStew who has crossed over one million people following him on @twitter!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Stevie Nicks pens Game of Thrones fanfic

STARGAZING
Malene Arpe
scene@metronews.ca

Stevie Nicks says that she's a huge fan of Game of Thrones and has written a poem about each of the characters. Suddenly I feel less proud about my own Jamie Lannister and Hound fan fiction.

The president of Clowns of America International says that the world is facing a clown shortage because young people just aren't that interested in becoming clowns. "That's clearly not true," said reps for Shia LaBeouf and Justin Bieber.

A Miley Cyrus fan throws a thong on stage during a Tacoma show and Miley puts it in her mouth. That's disgusting and could lead to the spread of disease, but we're happy to report that the thong is OK.

A South Carolina woman is jailed after a warrant shows that she failed to return a rental VHS copy of Monster-in-Law nine years ago. In her defence, she was desperate for something to prop up her eight-track player.

Kate Hudson ALL PHOTOS GETTY IMAGES

With an ocean between them, Kate Hudson and British beau drifting apart

Despite being engaged for nearly three years and sharing a two-year-old son, Kate Hudson and fiancé Matt Bellamy might be headed for a split, according to the New York Daily News. "Matt is pretty down-to-earth and happy in England, while Kate is very L.A.-focused," a source says. "They are leading separate lives. It hasn't been working out the way they planned and they've been trying very hard for the sake of their son." While a rep for Hudson denies the rumours of trouble, she and Bellamy have not been spotted together in months.

Aguilera gets back to babies — expecting with fiancé

Christina Aguilera

Christina Aguilera is going to be a mom again. People magazine confirms that the Voice judge is pregnant with her second child and her first with fiancé Matt Rutler. The news comes less than a week after Aguilera and Rutler announced their engagement. "They're very much in love and are really excited to take this next step," a source says. Aguilera is already the mom to six-year-old son Max with ex-husband Jordan Bratman.

LIFE 3

Burn money now, shiver later

Take it to the bank.
Spend five bucks for coffee and snacks today or stash the cash for 75 grand in 30 years

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Hmm... Fan flames of financial ruin, or line that nest egg? ISTOCK

Have you ever heard the term "burn rate?" It refers to how fast you burn through your money.

It's a term borrowed from the corporate world that refers to the rate at which a new company uses up its venture capital to finance overhead before generating a profit.

As consumers, we are whipping through our money at such a clip that we need a new term to describe our total lack of self-control and inability to see the future consequences.

Nobody has been paying much attention to the idea of cash management in the last… well… EVER. In fact, most people who talk about financial planning don't even bring up the idea of cash management.

What is cash management? It's exactly what it sounds like. It's the management of your cash on a day-to-day basis. It's what I focus on when I work with people to get them back in touch with their money and keep them focused on managing it so it doesn't run out.

Cash management has traditionally been the domain of bankers, but bankers are doing such a crappy job of dealing with this area of their customers' financial planning that some investment houses jumped on the bandwagon a while back. It was short-lived.

Too bad. No doubt their initial enthusiasm spoke to the lack of investing that's resulting because of all that debt out there. After all, if your credit cards, lines of credit, car loans — however it is you've chosen to borrow — are now eating up $300, $500 or $700 a month in interest, how could you possibly have money to invest? Of course, the investment houses didn't do a much better job of this whole cash management thing than the banks do. Sigh. Sometimes I feel like a lone voice in the wilderness.

In all the TV shows I've made, and there have been over 180 episodes, I have never worked with anyone who didn't have to change their lifestyle to change their outcome. If you could just keep doing the same old, same old, without creating problems and wreaking havoc on your family's peace of mind, then nobody would be talking about it. And we certainly would not have needed to adapt the term "burn rate" to describe our rabid spending.

So, there is a big problem. And it's not going to go away until we admit that we've made some mistakes and commit to doing things differently.

People can get out of debt; it takes determination and gumption. People can live within their means; it takes planning and discipline. People can be happy NOT spending money; it takes having a real life.

Do you want to blithely shop yourself into the financial dumper, or do you want to become fully conscious of how you're using your money so that you can make it work for you? Wouldn't it be nice to not have to work any harder than absolutely necessary to have the life you want?

While small savings may seem inconsequential compared to the pleasure you derive from spending the money, that's a very shortsighted approach to using money as a tool. Sure, $5 a day on coffee and snacks may not add up to a whole helluva lot in five or 10 years, but the more than $75,000 you have after 30 years (assuming just a two per cent return) is much better than the alternative: zilch. Manage even one per cent more in return over the 30 years and you'll have almost $90,000. That'll go a long way to making your life more comfortable in the future.

Still not convinced? Well, since the average Canadian receives about the same from Old Age Security and the Canada Pension Plan, you can look forward to an income of about $12,000 a year if you don't take some steps today. Imagine living on $12,000 a year right now.

Did you just shiver?

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

How to calculate your 'burn rate'

If you've decided to take charge, why not calculate your burn rate? It'll take about a week, and here's how you do it:

1. Make yourself up a tracking sheet. Put the days of the week across the top and some typical categories down the left-hand side. Include stuff like coffee, snacks, lunch, cigs, gas, magazines, newspapers, ... everything on which you spend money in a day.
2. Leave lots of blanks on the left because you'll be amazed at what you'll add when you see all the places where you're spending money.
3. As you go through your week, write down what you're spending. You're going to add it up, so there should be a column on the far right for Total Spent for the week for each category you've included on your worksheet.
4. Identify the point at which you spent $100 on non-essentials. That's your burn rate. Did it take you a whole week? Five days? Less than three days? What were your biggest areas of weakness? Eating out? Kids or grands? Bad habits?

- **Are you surprised at what you're spending?**

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?
Caroline Battista
Tax Analyst at H&R Block
H&R BLOCK

Family Finances: Common-Law Taxes and Childcare

Q Our childcare receipts are in my husband's name. How do I claim them?

A It depends. Childcare expenses have to be claimed by the lower-income spouse—with a few exceptions. Unless one of the exceptions applies to you, the lower-income spouse gets the deduction. So it doesn't matter whose name is on the receipt; it is based on income. Make sure you keep all the receipts with your tax files. Childcare expenses can add up to big tax savings but they are also one of the most commonly reviewed claims. If you don't have receipts, the CRA can deny your claim.

Q My partner and I have been living together for 12 months but keep our finances separate. Do we have to claim common-law?

A Yes. The CRA has specific rules and they do not involve how you manage your bank accounts. If you have lived together for 12 continuous months, you are common-law for tax purposes. If you have a child together, you are common-law as soon as you move in together. Claiming common-law does not mean you pay more tax, but benefits like the GST/HST will be calculated based on household income. Both of you still file your own return but you can pool medical and charitable donation receipts to maximize your savings.

Visit *hrblock.ca* for a location near you

Herbivores, rejoice! Chili goes vegetarian with a double hit of meatless protein

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Chili has to be one of the most versatile, healthy and easy foods to prepare during the winter.

Since vegetarianism is on the rise, you can use ground soy to replace the beef protein that is traditionally used in chilis. The addition of quinoa makes this a complete meal. You have a double hit of protein with the soy and quinoa. If you are not a vegetarian, you can substitute the soy for ground chicken, turkey, pork or beef.

Also, any variety of beans work well. Canned beans versus home cooked beans have excess sodium. One cup (250 ml) has 900 mg of sodium, while home-cooked beans have none.

To reduce the sodium by one-third, rinse the canned beans three times. To cook your own beans, use the quick-soak method. This entails bringing the dry beans and water to a boil, then covering and boiling for one minute. Remove the covered pot and let sit for one hour. Drain, and add cold water to cover the beans and simmer, covered for 20 minutes or just until beans are cooked.

Serve the chili in a large serving bowl and place the accompaniments in small bowls so your guests can serve themselves.

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp chopped garlic
- 1 lb of ground soy
- 2 tsp chili powder (or to taste)
- 1 1/2 tsp dried basil
- 1 tsp dried oregano
- 1/4 cup quinoa
- 2 1/2 cups homemade or store-bought tomato sauce
- 1 1/2 cup low-sodium vegetable stock
- 1 19 oz can red kidney beans, drained and rinsed
- 1/4 cup reduced-fat sour cream
- 1/4 cup shredded aged cheddar cheese
- 1/4 cup chopped green onions
- 1/4 cup chopped fresh basil or parsley

Directions

1. Lightly coat a large saucepan with cooking spray, add the oil and set over medium heat. Add the onion and garlic and sauté for 3 minutes. Add the soy, chili powder, basil and oregano and sauté for another 5 minutes.

2. Add quinoa, tomato sauce, stock and kidney beans. Cover and simmer for 15 minutes or until the quinoa is tender.

3. Serve in bowls and garnish with the sour cream, cheddar cheese, green onions and basil.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

This recipe serves six. ROSE REISMAN

Pesto pizza perfection

This Pesto Pizza with Feta, Sundried Tomatoes, Olives and Artichokes recipe serves six. ROSE REISMAN

If you want a delicious, homemade version of pizza, try this pesto-flavoured variety.

No need to make your own crust, my choices for store bought include either using two Naan breads (Indian bread), Mr. Manoucher, the Iranian flatbread or a good quality pizza dough you buy and roll out by hand.

The Mediterranean flavours of this pizza go so well together.

You can prepare it in advance or even freeze it until ready to bake. Leftovers are great by reheating in a 300 F oven for 10 minutes.

Ingredients

- 1 (12") pizza crust
- 1/3 cup pesto sauce
- 1/3 cup sliced black olives
- 1/2 cup diced canned, drained chopped artichoke hearts
- 1/3 cup diced sundried tomatoes
- 1/2 cup crumbled feta cheese
- 1 cup grated light mozzarella cheese

1. Spread pesto over top crust. Add remaining ingredients scattered over top.

2. Bake for 20 minutes on a pizza pan or baking sheet just until bottom of crust is browned. **ROSE REISMAN**

'Round the world wisdom

Add a few unique strides to your step and walk off the winter woes

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

February may be affecting your smiley face, but it's up you to turn it around. ISTOCK

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

I started training for the Gobi March just before the 2008 holidays and six weeks in, I had created new habits that were nourishing me mentally and paying off physically. Then, February arrived with its shorter, sunless days and cold temperatures and I continued running outside in the leafless frozen forest.

All around me the blahs were in full motion. I was tired, too cold and felt I couldn't keep my New Year's resolution. Soon enough, I started thinking about pulling out of my own Gobi project.

I realized I had grown completely bored of my training routine.

I decided to turn everything upside down, hoping for a kick of new energy: I sold my car and started using transit for the first time in 25 years and once on the subway, I would race walk strangers on the escalators just to amuse myself. I stopped using elevators and walked up to my meetings. I got rid of my chair at work and started working standing, which changed the dynamics of my internal meetings to be stand-up meetings only.

I changed my running routine and mixed it up with other peripheral activities, usually tethered to an MP3 player with uplifting music. When March arrived, I was again carrying momentum; I had escaped the February blahs.

This year's record cold is affecting many people — so if it's getting to you, you're not alone. Just consider changing things up a little.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

An education on earning yourself a couple of bucks

As a secret shopper you can make up to $10-25 per job for your time and even get free snacks, meals or movie tickets while you're at it. ISTOCK

School of hard jobs?

No gruelling gig required when all you need is little extra cash for campus life

SHAHEERAH KAYANI
TalentEgg.ca

Let's face it — as a student, it's easy to feel broke. Between paying for tuition, textbooks, transit, rent and meals, there is often not much left for other things like entertainment and some good old fun. Many students hold the usual part-time jobs, but even that may not be earning you as much money as you'd like.

Here are some easy and quick ways that students can make some extra money.

If you can find some time in your busy schedule as a student and be a bit creative, you can find ways to make a little additional cash on the side. Even if it isn't a lot, as a student, a little can certainly go a long way.

Get money to spend money? Sounds good to me!

Become a mystery shopper and get paid to give feedback on your shopping experiences, by taking part in activities such as shopping for clothes or dining in restaurants.

- The mystery shopping company that you work for gives you detailed guidelines on where to shop and what to look for. Your job is to provide detailed notes on the overall experience, including the level of customer service, the attitudes of the employees and the store atmosphere.

School contests

Be sure to check out various contests being held at your college or university because most of them offer cash, gift cards or other prizes. For example, at Toronto's Humber College, students can win cash just for sending in a short video of themselves. Does your school offer something similar? Find out.

Write for the school newspaper

If you have a passion for writing and reporting school events, then writing for the school newspaper is an excellent way to make some money on the side. Some school newspapers also offer prizes to students just for sending in their submissions, whether it's an opinion piece, some artwork or even a poem. Contributing content not only helps you earn, it may also help you grow a professional network. You can also try out other freelance work such as photography or web design.

Be a website tester

Many companies pay people just to come and test their websites before they are launched or to offer feedback that's used to tweak and improve the sites. Testers are tasked with navigating the website at hand, while a "screen and audio recorder" takes note of your clicks, keyboard strokes and personal comments as you test the website for 15 minutes. For each website tested, you can earn approximately $10. Don't worry, your actual face is not recorded — there is no webcam.

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Meadow Lake Campus

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Money 101. Two couples, one year to make them richer

The financial mission continues

In January, I introduced you to two couples on a mission to improve their finances. Throughout 2014, I will be digging into the details of each couple's money matters and offering advice to make them wealthier in less than 12 months. Since their financial debut one month ago, Anne-Marie and Peter and Carolina and Jose, have been making tremendous progress on their financial homework assignments. – Lesley-Anne Scorgie/For Metro

Anne-Marie & Peter recap

- Location: Toronto
- Ages: 36 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Net worth (January 2014): $66,000
- Life stage: Expecting their first child in June 2014
- Top goals for 2014: Pay off debt, start a savings program for child's education and down payment on first home
- Homework from last month: Simplify their budget, determine the value of home they can afford and research Anne-Marie's pension plan.

PRESSMASTER/SHUTTERSTOCK

KZENON/SHUTTERSTOCK

Carolina & Jose recap

- Location: Calgary
- Ages: 33 and 31
- Occupations: Stay-at-home mom and roofing
- Total household income: $55,000
- Net worth (January 2014): –$32,500
- Life stage: Three daughters aged five, two and eight months
- Top goals for 2014: Pay off debt, buy a house and visit family
- Homework from last month: Put together their very first budget using a free budget template and budgeting resources. And determine the value of a home they can afford.

Anne-Marie and Peter

LESLEY-ANNE SCORGIE
For Metro

Anne-Marie and Peter set out on a mission to simplify their current budget and find ways to cut back and save. They examined everything from the interest rates on their MBNA credit cards — both of which have introductory rates less than prime, which is super low — to their Internet and cable bills, and monthly gym membership. They also took another look at the money they currently set aside for trips.

As the couple prepares to welcome their first child, they are conscious about planning ahead for when Anne-Marie's income is reduced while she is on maternity leave.

Their current budgeting game plan is to tighten up their expenses through some frugal best practices and use that money to pay off as much debt as possible and prepare a mock maternity budget. Anne-Marie and Peter expect they will have to reduce the amount of money they typically allocate toward their debt reduction once the baby arrives.

Also weighing on their minds is the couple's hope to begin saving for a down payment to buy a home while continuing their retirement savings plans.

Anne-Marie and Peter sat down with a mortgage broker and determined that, with a 10 per cent down payment in hand, they would be able to comfortably afford to buy a home valued at up to $450,000.

THEIR HOMEWORK

As part of their homework for next month, Anne-Marie and Peter plan to open tax-free savings accounts (TFSA). Similar to their existing RRSPs, TFSAs are great tools to save for retirement and for a down payment because the money the couple contributes to their TFSAs grows tax-free.

TFSAs are also great when it comes to saving for what-if expenses, which have a way of popping up when children arrive. Once their accounts are set up, we plan to review their budget and carve off money to put toward saving for their down payment.

Turning back to retirement planning, Anne-Marie has the opportunity to continue her pension savings while on maternity leave and has elected to do so. As RRSP contributions are due March 3, to count toward the 2013 tax year, Anne-Marie and Peter are also planning on making a contribution of between $300 and $500 each on their RRSPs.

Wondering how stuffing money into an RRSP helps achieve primary goals of debt reduction? The link is simple: An RRSP contribution now will reduce their taxes, and in Anne-Marie and Peter's case, will most likely result in a refund during tax time, which can then be applied to the couple's debts.

Also on their to-do list before March is to sit down with a professional tax adviser and myself to prepare for, and optimize, their tax benefits.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Between managing an incredibly busy household and working long hours in the roofing business, Carolina and Jose met with me earlier this month to establish their very first budget.

We documented their sources of income, primarily Jose's full-time job and child tax benefits totalling a little more than $3,600 after taxes. We then carefully examined their expenses.

Besides paying $1,600 in rent to Jose's parents each month, the couple's second largest expense is their grocery bill, which is approximately $600 each month, followed by their car payment, insurance and fuel totalling $550 per month. Debt repayment, school fees, medical expenses, cellphone and utility bills account for the remaining portion of their budget.

Thankfully, the couple is incredibly frugal and relatively debt averse, so they manage to pay for their household expenses using cash from their bank account while avoiding racking up their credit card.

With a little investigation and firm negotiation, Jose was able to reduce their cellphone and insurance bills, resulting in savings of $100 each month.

Carolina set out to further reduce their monthly grocery expenses by at least $50 through pre-planning, couponing and buying bulk items.

THEIR HOMEWORK

With those savings, the couple has decided to focus two-thirds on paying down their debts and one-third on beginning a small savings plan, which could be used toward an eventual down payment on a home. Between this month and next, Jose and Carolina will also open their first RRSPs and tax-free savings accounts.

Carolina and Jose are committed to sticking to a budget by carefully tracking their expenses. Using an accordion file folder, the couple plans to keep track of all receipts and reconcile those with their budget every three days to ensure they are keeping on track.

Two other important topics came up in my conversation with Jose and Carolina. The first was their strong desire to make progress toward ridding themselves of debt.

So to make a sizable dent in it, I have challenged the couple to raise $500 by selling some of their possessions through an online classified ad website. That money will be enough to pay off Jose's lingering student loan. My second challenge to Jose was to start the process of exploring opportunities to find a higher-paying job.

The second important topic that surfaced was Carolina's "mommy guilt." Carolina never spends money on herself, not even treating herself to a fancy coffee once in a while. Instead, she forfeits small indulgences for her children and husband. I have encouraged Carolina to reward herself, guilt-free, in small ways from time to time. This will be helpful for her mental health and her marriage.

This coming month, Jose and Carolina will receive professional tax advice to ensure they are taking advantage of every opportunity to cut their tax bill.

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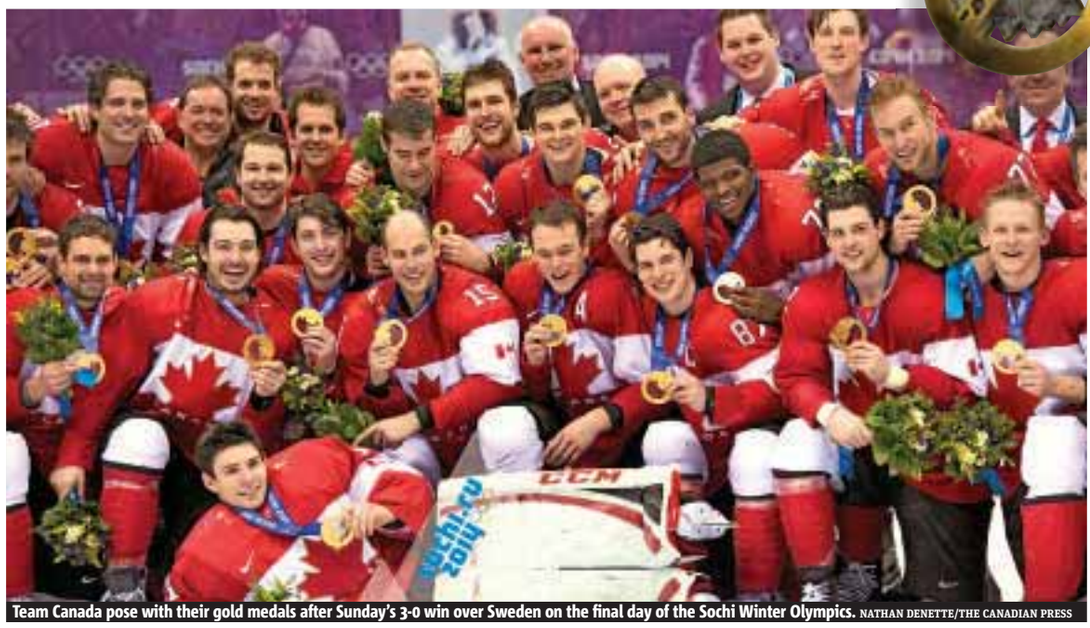
SPORTS 4

Golden sunrise

Transcendent team effort. Men's hockey team successfully defends gold as sun sets on Sochi Games


Team Canada pose with their gold medals after Sunday's 3-0 win over Sweden on the final day of the Sochi Winter Olympics. NATHAN DENETTE/THE CANADIAN PRESS

As Team Canada prepared to go on to the ice for the third period against Sweden, 20 minutes from an Olympic gold medal that felt inevitable, Ryan Getzlaf was loose enough to poke some fun at coach Mike Babcock.

"He said: 'It's all about the ball hockey, guys. It's all about the ball hockey,'" Babcock recalled.

The journey started with ball hockey at the team's Olympic orientation camp in August, and it ended Sunday with a gold medal. For the past six months, from executive director Steve Yzerman to Babcock to the players, there was a businesslike approach to defending the gold medal, and in Sochi the result was a Canadian team that steamrolled its competition.

"We had a gold medal summer camp, we had a gold medal selection process," Babcock said. "All that does is give you a chance, and anybody who's been at these Olympic Games knows how hard it is — basically impossible — to win. And for us to be able to execute on the biggest stage and play the way we did and there was a lot of complaints early we didn't score. I thought we were dominant."

Canada never trailed, and there was not one second this team looked like it was in danger of losing.

Jeff Carter called what Canada was able to do for six games a "defensive clinic." Three goals allowed, including none in the final two games, makes that an understatement.

Beating Sweden 3-0 Sunday exemplified everything Canada did right. The Swedes couldn't generate anything because — as defenceman Alex Pietrangelo said — other teams can't score if they don't have the puck.

Swedish coach Par Marts found that out first-hand.

"Canada was much, much better this day," Marts said. "I think they played at a higher tempo, kind of frustration in this team."

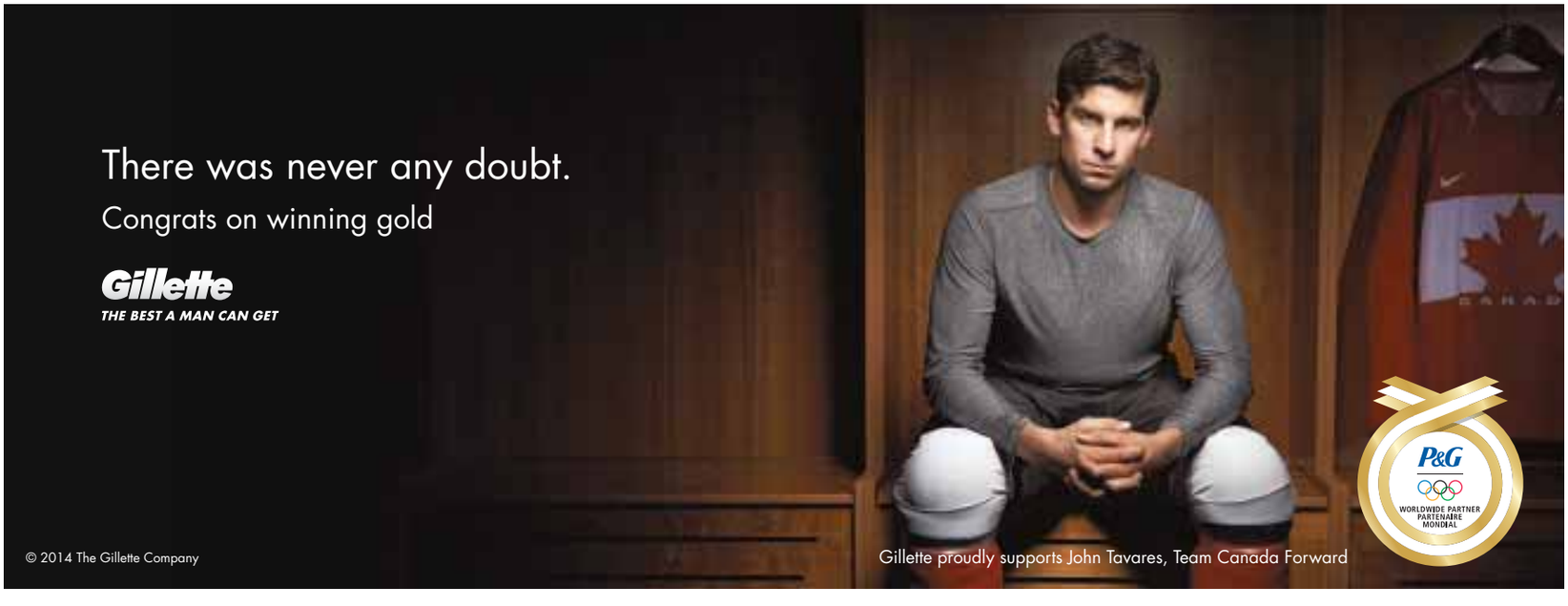
It was never about who Canada was playing and always about what Babcock and his players wanted to do. Yzerman looked back over the past 40 years of Olympic, World Cup and Canada Cup teams and couldn't think of another group that dictated the play to opponents more than this one.

"As far as defensively, pucks staying out of the net, quality scoring chances, shots on goal, it was a pretty dominant performance by these guys," Yzerman said.

The Canadians' organized, fundamental style made them unbeatable.

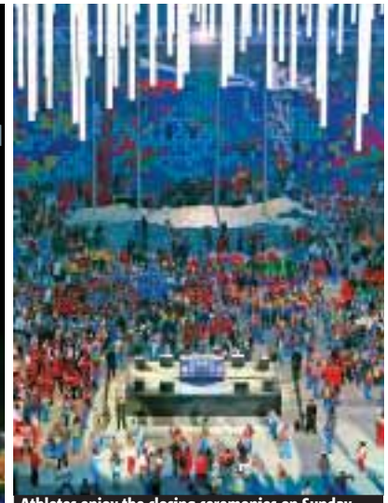
"It is amazing to see the guys that have the raw talent and ability to commit themselves to doing all the little things right," said Jonathan Toews, who scored the winner against Sweden. "We knew that's what it was going to take in this tournament to win the championship. And guys were willing to do that. So I would say it's a great team to be a part of and unlike any other team I've really been a part of."

This was unlike any other Canadian team at least since NHL players began participating in 1998. This wasn't about 17 total goals over six games or who scored them — it was about doing what it took to win. THE CANADIAN PRESS



Good night Sochi

Fireworks explode over Olympic Park on Sunday night in Sochi as the 2014 Olympic Winter Games came to a close. AL BELLO/GETTY IMAGES



Athletes enjoy the closing ceremonies on Sunday.
MATTHEW STOCKMAN/GETTY IMAGES

South Korea will host the 2018 Games.
JOE SCARNICI/GETTY IMAGES

South Korea, you're up next. Russia hails legacy of most expensive Games at closing ceremonies

Flushed with pride after a spectacular showing at the costliest Olympics ever, Russia celebrated 17 days of sport-driven global unity on Sunday night with a farewell show that hands off the Winter Games to their next host, Pyeongchang in South Korea.

Fireworks and a countdown kicked off the closing ceremony in the Fisht Olympic Stadium, packed with raucous spectators who chanted "Ro-ssi-ya! Ro-ssi-ya!" — "Russia! Russia!" — and were in a party mood after the high-security games passed off safely without feared terror attacks.

In a charming touch, the Sochi organizers used the ceremony to make a joke at their own expense. Dancers in shimmering silver costumes formed themselves into four rings and a clump in the centre of the stadium. That was a wink to a technical glitch in the Feb. 7 opening ceremony, when one of the five Olympic rings in a wintry opening scene failed to open. The rings were supposed to join together and erupt in fireworks.

This time, it worked: As Russian President Vladimir Putin watched from the stands, the dancers in the clump waited a few seconds and then formed a ring of their own, making five, drawing laughs from the crowd.

The closing ceremony, a farewell from Russia with love, pageantry and protocol, started at 20:14 local time — a nod to the year that Putin seized upon to remake Russia's image with the Olympics' power to wow and concentrate global attention and massive resources.

The nation's $51 billion investment — topping even Beijing's estimated $40 billion layout for the 2008 Summer Games — transformed a decaying resort town on the Black Sea into a household name. All-new facilities, unthinkable in the Soviet era of drab shoddiness, showcased how far Russia has come in the two decades since it turned its back on communism. But the Olympic show didn't win over critics of Russia's backsliding on democracy and human rights under Putin and its institutionalized intolerance of gays.

Despite the bumps along the way, IOC president Thomas Bach was expected to use the closing ceremony to deliver an upbeat verdict on the games, his first as IOC president. One of Sochi's big successes was security. Feared attacks by Islamic militants who had threatened to target the games didn't materialize.

"It's amazing what has happened here," Bach said a few hours before the ceremony. He recalled that Sochi was an "old, Stalinist-style sanatorium city" when he visited for the IOC in the 1990s. THE ASSOCIATED PRESS

A Russian circus performs on Sunday night in Sochi. RYAN PIERSE/GETTY IMAGES

Bach-buster Games

"The success of the home team is always an important part of the success of the games overall."

IOC president Thomas Bach. Russia finished atop the overall medal standings with 13 gold, 11 silver and nine bronze.

A Sochi mascot sheds a tear after extinguishing the Olympic flame in Sochi on Sunday. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Russian President Vladimir Putin attends the Winter Olympics closing ceremony at Fisht Olympic Stadium. PASCAL LE SEGRETAIN/GETTY IMAGES

Canada falls short of tall medal order

Bobsledder Kallie Humphries, right, and Heather Moyse carry the Canadian flag into the stadium for closing ceremonies at the Sochi Winter Olympics on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

Sochi 2014. Vancouver total of 26 a tough act to follow in Russia

Canada fell a medal short of "maintaining the gain" at the Sochi Olympics.

The host team's 26 medals four years ago in Vancouver set a new Winter Games standard.

Canada's 220 athletes departed Russia with 10 gold, 10 silver and five bronze for 25, compared to 14 gold, seven silver and five bronze in 2010. Their performance was capped by the men's hockey team defending the gold Sunday with a 3-0 win over Sweden.

Canada finished fourth in the overall medal standings and third in gold medals. The stated objective by Canadian sport leaders was to win more medals than any other country.

But it was host Russia that stormed the top of the table on the final weekend to finish with 33, ahead of the United States at 28 and Norway with 26. The Netherlands was fifth with all 24 medals earned in speedskating.

Beating or even matching the 2010 performance was going to be a tall order for Canada without home-ice and home-snow advantage. The Canadian team came close thanks to five medals won in new sports introduced in Sochi.

"We asked our athletes to contend," chef de mission Steve Podborski said Sunday. "Our athletes have done so. It's not easy. Sometimes it doesn't work very well at all. But they stood up. They stood together."

On Sunday morning Canada sat only four medals back of Russia in first place. But the gap was considerably larger by the end of the day.

Russia's final surge Sunday included a podium sweep in the men's cross-country race and another medal in bobsled. After a dismal 2010, the host team scooped up seven medals on the final weekend to claim the overall pennant. "Russia nailed it," said Caroline Assalian, the COC's chief sport officer. THE CANADIAN PRESS

Expanded field

There were 36 more medals to be won in Sochi than at Vancouver 2010 because of new events introduced.

- **The new events.** Canada claimed bronze in men's snowboard slopestyle, silver in team figure skating, gold and bronze in women's ski slopestyle, and silver in men's freestyle halfpipe.
- **Freestyle.** Our freestyle team drove the medal count with nine, including skicross. The freestylers won six of the first nine medals that put Canada briefly atop the standings.

Sochi 2014

Russia sweeps in cross-country

Alexander Legkov led a Russian medal sweep in the men's 50-kilometre cross-country race Sunday, giving the host nation its first gold in the sport at the Sochi Olympics.

Legkov won a four-way sprint to the finish at the end of the freestyle mass-start race, pulling away from teammates Maxim Vylegzhanin and Ilia Chernousov on the final straight.

On a perfect final day for the hosts, Vylegzhanin was second after beating Chernousov in a photo finish, 0.7 seconds behind Legkov.

The sweep cemented Russia's position atop the medals table of the Sochi Games, with 12 golds and 32 medals overall.

Alex Harvey of St-Ferreol-les-Neiges, Que., was the top Canadian, finishing in 19th place in one hour 47 minutes 40.9 seconds. Ivan Babikov of Canmore, Alta., was directly behind him, completing the race in 1:47:41.8. Graeme Killick of Fort McMurray, Alta., was 28th in 1:48:22.4, while Jesse Cockney, also from Canmore, was 56th in 1:59:16.6. THE ASSOCIATED PRESS

Bobsled. Zubkov keeps Olympic dream on track

Alexander Zubkov was given a daunting assignment for his home Olympics. His task: Take to Russian ice and make history, against drivers who have been beating him for years.

Do svidaniya, world!

Zubkov was uncatchable.

He drove Russia to victory in the four-man bobsled race Sunday, adding that gold to his two-man from earlier in the Sochi Games and making him the sixth pilot to sweep those events at an Olympics. Until now, no one had ever achieved that feat on home ice, but this track was built for Zubkov and he proved to be its master.

So, history for Russia.

History for Latvia and the United States, as well.

Oskars Melbardis of Latvia drove to the silver medal, matching his nation's best showing in a Winter Olympic event. And 2010 four-man champion Steven Holcomb of Park City, Utah, piloted USA-1 to bronze, ceding his Olympic title but winning his third career medal — tying the most by any U.S. bobsledder — and giving his nation seven sliding medals at the Sochi Games, tops among all countries.

Zubkov had a slim lead entering Sunday's final two runs and predicted the title would be decided in the third heat.

Alexander Zubkov of Russia celebrates his gold medal victory. ADAM PRETTY/GETTY IMAGES

Naturally, he was right.

The field — with just 0.17 seconds separating first through fourth places entering the day, the closest margin in Olympic four-man history — thinned out considerably in Sunday afternoon's opening run. Zubkov's lead over Melbardis swelled to 0.17 seconds. Melbardis opened up an 0.28-second edge over Holcomb for second place. Holcomb was 0.15 seconds better than Russia's Alexander Kasjanov in the race for bronze.

Lyndon Rush's Canada-2 sled of Lascelles Brown, David Bissett and Neville Wright placed ninth in 3:41.76. Chris Spring and his Canada-1 crew were 13th in 3:42.84.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Total
Russia	13	11	9	33
United States	9	7	12	28
Norway	11	5	10	26
Canada	**10**	**10**	**5**	**25**
Netherlands	8	7	9	24
Germany	8	6	5	19
Austria	4	8	5	17
France	4	4	7	15
Sweden	2	7	6	15
Switzerland	6	3	2	11
China	3	4	2	9
South Korea	3	3	2	8
Czech Republic	2	4	2	8
Slovenia	2	2	4	8
Japan	1	4	3	8
Italy	0	2	6	8
Belarus	5	0	1	6
Poland	4	1	1	6
Finland	1	3	1	5
Britain	1	1	2	4
Latvia	0	2	2	4
Australia	0	2	1	3
Ukraine	1	0	1	2
Slovakia	1	0	0	1
Croatia	0	1	0	1
Kazakhstan	0	0	1	1

WHAT CANADA DID

SUNDAY

BOBSLEIGH

Men's fours — Canada 1 (Lyndon Rush (pilot), Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton) placed ninth overall with a combined time of three minutes 41.76 seconds after four runs; Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; and Bryan Barnett, Edmonton) finished 13th (3:42.84); Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; and Graeme Rinholm, Medicine Hat, Alta.), 30th (2:50.80) - did not qualify for fourth run.

CROSS-COUNTRY SKIING

Men's 50-kilometre freestyle (mass start) — Alex Harvey, St-Ferreol-les-Neiges, Que., 19th overall in one hour 47 minutes 40.9 seconds; Ivan Babikov, Canmore, Alta., 20th (1:47:41.8); Graeme Killick, Fort McMurray, Alta., 28 (1:48:22.4); Jesse Cockney, Canmore, Alta., 56 (1:59:16.6).

HOCKEY

Men — Carey Price stopped all 24 shots he faced and Jonathan Toews scored the eventual winner as Canada successfully defended their Olympic title with a 3-0 win over Sweden in the gold-medal game.

CLOSING CEREMONIES

Flag bearers — Bobsledders Kaillie Humphries, Calgary, and Heather Moyse, Summerside, P.E.I., who won the gold medal in the women's event for the second time in as many games, were given the honour.

FINAL RANKING

Canada finished with 10 gold, 10 silver and five bronze, which placed them fourth overall in total medals and third-most in the gold tally (Russia led with 33 and 13, respectively).

HOCKEY

MEN

Sunday's result

GOLD MEDAL

Canada 3 Sweden 0

Saturday's result

BRONZE MEDAL

Finland 5 United States 0

CANADA 3, SWEDEN 0

First Period

1. Canada, Toews 1 (Carter, Weber) 12:55

Penalties — Jo. Ericsson Swe (holding) 16:55, Kunitz Cda (high-sticking) 19:47.

Second Period

2. Canada, Crosby 1, 15:43

Penalties — Silfverberg Swe (delay of game) 5:46, Berglund Swe (boarding) 19:20.

Third Period

3. Canada, Kunitz 1, 9:04

Penalty — Perry Cda (tripping) 10:12.

Shots on goal by

Canada	12	11	13—36
Sweden	11	9	4—24

Goal — Canada: Price (W, 5-0-0); Sweden: Lundqvist (L, 5-1-0). **Power plays (goals-chances)** — Canada: 0-3; Sweden: 0-2.

Referees — Brad Meier, United States; Kelly Sutherland, Canada. **Linesmen** — Derek Amell, Canada; Greg Devorski, Canada; Mikhail Buturlin, Russia; Roman Gofman, Russia.

Attendance — 11,076 at Sochi, Russia.

BOBSLEIGH

At Krasnaya Polyana, Russia

MEN'S FOURS

(final rankings after four runs)

1. Russia 1 (Alexander Zubkov, Alexey Negodaylo, Dmitry Trunenkov, Alexey Voevoda), three minutes 40.60 seconds; 2. Latvia 1 (Oskars Melbardis, Daumants Dreiskens, Arvis Vilkaste, Janis Strenga), 3:40.69; 3. United States 1 (Steven Holcomb, Curt Tomasevicz, Steve Langton, Chris Fogt), 3:40.99; 4. Russia 2 (Alexander Kasjanov, Ilvir Huzin, Maxim Belugin, Aleksei Pushkarev), 3:41.02; 5. Britain 1 (John James Jackson, Stuart Benson, Bruce Tasker, Joel Fearon), 3:41.10.

6. Germany 1 (Maximilian Arndt, Marko Huebenbecker, Alexander Roediger, Martin Putze), 3:41.42; 7. Germany 2 (Thomas Florschuetz, Joshua Bluhm, Kevin Kuske, Christian Poser), 3:41.51; 8. Switzerland 1 (Beat Hefti, Alex Baumann, Juerg Egger, Thomas Lamparter), 3:41.75; **9. Canada 1 (Lyndon Rush, Humboldt, Sask.; Lascelles Brown, Calgary; David Bissett and Neville Wright, both Edmonton), 3:41.76;** 10. Germany 3 (Francesco Friedrich, Jannis Baecker, Gregor Bermbach, Thorsten Margis), 3:41.80.

Also — 13. Canada 2 (Chris Spring, Calgary; Timothy Randall, Toronto; James Mcnaughton, Newmarket, Ont.; Bryan Barnett, Edmonton), 3:42.84; Did Not Qualify For Fourth Run — 30. Canada 3 (Justin Kripps, Summerland, B.C.; Jesse Lumsden, Burlington, Ont.; Luke Demetre, New Glasgow, N.S.; Graeme Rinholm, Medicine Hat, Alta.), 2:50.80.

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russsia

MEN'S 50-KILOMETRE FREESTYLE (MASS START)

1. Alexander Legkov, Russia, one hour 46 minutes 55.2 seconds; 2. Maxim Vylegzhanin, Russia, 1:46:55.9; 3. Ilia Chernousov, Russia, 1:46:56.0; 4. Martin Johnsrud Sundby, Norway, 1:46:56.2; 5. Sergei Dolidovich, Belarus, 1:47:09.5.

6. Robin Duvillard, France, 1:47:10.1; 7. Anders Soedergren, Sweden, 1:47:13.0; 8. Daniel Richardsson, Sweden, 1:47:19.6; 9. Johan Olsson, Sweden, 1:47:27.3; 10. Iivo Niskanen, Finland, 1:47:27.5. **Canadians — 19. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:47:40.9; 20. Ivan Babikov, Canmore, Alta., 1:47:41.8; 28. Graeme Killick, Fort McMurray, Alta., 1:48:22.4; 56. Jesse Cockney, Canmore, Alta., 1:59:16.6.**

5 of Canada's top Sochi highlights

THE CANADIAN PRESS
Photos: The Canadian Press/Getty Images

1 Canada's game

The Canadian men's hockey team put an emphatic exclamation mark on the country's domination by downing Sweden 3-0 to successfully defend its gold medal. Canada went 6-0 through the tournament and surrendered just three goals over that span. Goaltender Carey Price finished by registering consecutive shutouts over the U.S. and Sweden. The national women's team also went undefeated in its event but rallied from a 2-0 deficit for a thrilling 3-2 overtime victory over the U.S. to capture a fourth straight Olympic gold medal.

2 Rock stars

Canada swept the Olympic curling gold medals for the first time. Winnipeg's Jennifer Jones dominated the women's event, capping an impressive 11-0 run by downing Sweden 6-3 in the final. Jones earned Canada its second women's curling gold but first since the late Sandra Schmirler emerged victorious at the first women's event in 1998 in Nagano, Japan. On the men's side, Brad Jacobs and his Sault Ste. Marie, Ont., teammates opened the tournament losing two of their first three games, then didn't lose again en route to winning the gold medal, needing eight ends to down Britain 9-3 in the final.

3 Air superiority

A lot was expected these Games of Canada's high-flying freestyle ski team, and the squad certainly delivered as it accounted for nine of Canada's 25 medals. Freestyle competitors claimed six of the first nine medals that put the Canadian team atop the overall standings following the fourth day of competition. On four separate occasions Canadian freestyle athletes secured two medals in the same event, including in women's moguls, where Montreal sisters Justine and Chloé Dufour-Lapointe finished 1-2 and held hands before stepping onto the podium to receive their medals.

4 Title defence

Much has been made of Canada's hockey teams and the men's curling squad successfully defending their Olympic titles. But so too did Alex Bilodeau of Rosemere, Que., in the men's moguls, as well as Kaillie Humphries of Calgary and Heather Moyse of Summerside, P.E.I., in the women's bobsled event. In fact, Humphries and Moyse were named Canada's flagbearers for the closing ceremonies.

5 Olympic spirit

Long track speedskater Denny Morrison of Fort St. John, B.C., gave Canadians plenty to cheer about after claiming a silver medal in the 1,000-metre event. But Morrison got to skate in the final only after teammate Gilmore Junio gave up his spot in the event in an act of selflessness. Then, during the men's cross-country ski free sprint, Canadian coach Justin Wadsworth noticed Russian competitor Anton Gafarov was trying to compete despite having a broken ski. So Wadsworth grabbed a spare he'd brought for Canadian team member Alex Harvey, raced on to the course and replaced Gafarov's ski.

Veteran boarder Anderson faces early exit with grace

Jasey-Jay Anderson could've found consolation knowing he was eliminated from the Olympic men's snowboard parallel slalom by the eventual silver medallist.

Then again, the 38-year-old veteran has too much experience and class to not take responsibility for his own performances.

Anderson, the 2010 Olympic champion in the event, faced Slovenian Zan Kosir in the round of 16. Kosir defeated the Canadian to qualify for the quarter-final and eventually captured the silver medal behind Russian Vic Wild.

Humble Canuck

"Yes, I caught up with him, but he waited for me. He slowed down." **Jasey-Jay Anderson** on Slovenian competitor Zan Kosir

Anderson, of Mont-Tremblant, Que., had to settle for a 15th-place finish in the overall standings.

"I know Zan, he has another gear," Anderson said. "If he sees that I am next to him, he puts his foot on the gas a bit and takes back a lead of a tenth of a second or two."

Wild earned the gold after finishing 0.11 seconds ahead of Kosir. Wild became the first athlete to win two gold medals in snowboarding at the same Winter Games after capturing the parallel giant slalom Wednesday.

Wild began with a victory in the fourth round over Michael Lambert, the only other Canadian to reach that stage of the competition.

Austria's Benjamin Karl took the bronze medal.

The other Canadian in contention, Matthew Morison, was eliminated in the qualifying stage. The three Canadians in the women's competition — Ariane Lavigne, Caroline Calvé and Marianne Leeson — suffered the same fate.

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Jasey-Jay Anderson competes in the men's parallel slalom at Rosa Khutor Extreme Park on Saturday in Sochi. MIKE EHRMANN/GETTY IMAGES

Thunderstruck by Crawford

NBA. Clippers guard comes out guns a 'blazin in OKC duel

NBA scoring leader Kevin Durant marvelled at what Jamal Crawford did to his team.

Crawford scored 36 points to help the Los Angeles Clippers beat the Oklahoma City Thunder 125-117 on Sunday afternoon.

Durant scored 42 points, but such performances are almost expected from him. Crawford, on the other hand, averages about 19 points.

He's known to be streaky, and in this game, he was on. He made five of eight 3-pointers, many of which were launched from well beyond the line.

"Jamal Crawford comes across halfcourt shooting," Durant said. "You've got confidence once you start seeing the ball go in the rim."

Matt Barnes scored 24 points, Chris Paul had 18 points, 12 assists and eight rebounds, Blake Griffin scored 20 points and DeAndre Jordan added 18 points and 12 rebounds for the Clippers, who snapped a two-game skid and beat the team with the league's best record.

Durant also had 10 assists, and Serge Ibaka added 20 points for the Thunder, who lost their second straight. It was the most points the Thunder have allowed this season, and it came on the heels of a 103-81 home loss to Miami on Thursday.

Oklahoma City overcame a 15-point deficit late in the third quarter to take a 115-112 lead on a 3-pointer by Durant with 2:43 to play, but the Clippers controlled the game from there.

A 3-pointer by Crawford with 1:30 remaining gave Los Angeles a 119-115 lead. Crawford scored again on a floating jumper in the final minute to push the lead to 121-117.

"Jamal made timely shots," Chris Paul said.

"Every time they made a run and we just needed a bucket, Jamal was our guy."

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Numbers

125	117
CLIPPERS	THUNDER

Clippers' guard Jamal Crawford goes up for a layup between Oklahoma City's Reggie Jackson, left, and Kevin Durant during second quarter action of Sunday's game in Oklahoma City. SUE OGROCKI/THE ASSOCIATED PRESS

Jays' Lawrie on Cloud 9 after Team Canada win

Toronto Blue Jays third baseman Brett Lawrie warms up at spring training in Dunedin, Fla. on Sunday. FRANK GUNN/THE CANADIAN PRESS

Brett Lawrie can claim bragging rights inside the Blue Jays clubhouse.

The Toronto third-baseman celebrated Team Canada's 3-0 win against Sweden on Sunday to capture its second straight Olympic gold medal in men's hockey.

Lawrie, who is the lone Canadian-born player on the Blue Jays' roster, said he couldn't watch the entire game because of spring training commitments but made sure he received score updates.

While Lawrie didn't grow up an avid fan of hockey, he has always enjoyed and respected the sport and cheered for his home country.

He tried to keep his trash-talk to a minimum around the clubhouse during the Olympics.

"I guess everybody was on point a little bit, just kind of nervous, because nobody knew," Lawrie said. "If Canada loses, obviously they're going to slam me and if America loses, I'm going to slam them."

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Next on deck

Manager John Gibbons says the Blue Jays will play a four-inning scrimmage on Tuesday in preparation for their exhibition opener against Philadelphia on Wednesday

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NBA

Nets sign Collins

Jason Collins played his first game with the Brooklyn Nets on Sunday night, becoming the first openly gay active player in the four major U.S. professional sports leagues in a 108-102 victory over the Los Angeles Lakers.

Collins was signed to a 10-day contract Sunday, nearly 10 months after his announcement on April 29 in Sports Illustrated. He played 10 scoreless minutes with two rebounds and five fouls. Deron Williams had a season-high 30 points along with seven assists helping end an 11-game Nets losing streak against the Lakers.

With a need for another big man, the Nets turned to the 7-foot Collins, who helped them reach two NBA Finals in the early 2000s.

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NASCAR

Earnhardt wins Daytona 500

Through rain and wrecks, Dale Earnhardt Jr. ended the only drought that mattered.

NASCAR's most popular driver won the Daytona 500 for the second time, a decade after his first victory in the "Great American Race."

Rain delayed the completion of the race for more than six hours. When it resumed, Earnhardt dominated at the track where his father was killed in an accident on the last lap of the 2001 race. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
Although you should be feeling good about yourself as the new week begins, you are advised not to go over the top in any way or the consequences could be painful.

♉ Taurus
April 21 - May 21
Fantasy and reality sometimes gets blurred and there is a danger you could cross that line and do something foolish today. If you do make a mistake, make sure you learn the lesson it has for you.

♊ Gemini
May 22 - June 21
If you want to move up in the world it won't be long before an opportunity to do so comes along. While you're waiting, try getting your health and fitness routine in better shape.

♋ Cancer
June 22 - July 23
What happens over the next few days will introduce you to news ways of making sense of the world. What you discover will make you realize that a lot of what you were taught to believe was nonsense.

♌ Leo
July 24 - Aug. 23
Make sure that you are getting paid the right amount for your talents. If you allow yourself to be cheated out of small amounts now, you will be cheated out of larger amounts later on.

♍ Virgo
Aug. 24 - Sept. 23
This week Mercury, your ruler, is still going through one of its difficult phases. Between now and Friday, when Mercury moves in your favour again, don't take it for granted that what you're being told is true.

♎ Libra
Sept. 24 - Oct. 23
Travel and social plans may have to be changed today as the planets bring to light information that casts doubt on other people's motives.

♏ Scorpio
Oct. 24 - Nov. 22
The Sun in Pisces makes this one of the best times of the year for you and when the Sun links with Jupiter next weekend you will get your reward for the efforts you have made. Between now and then though, be patient.

♐ Sagittarius
Nov. 23 - Dec. 21
Be more open with loved ones as the new week begins. If you make the effort, you will quite easily find the words that have been lacking these past few weeks — words that heal rifts.

♑ Capricorn
Dec. 22 - Jan. 20
Even if you are the kind of Capricorn who too often lets your inhibitions get in the way of having fun, you will enjoy yourself immensely over the next few days.

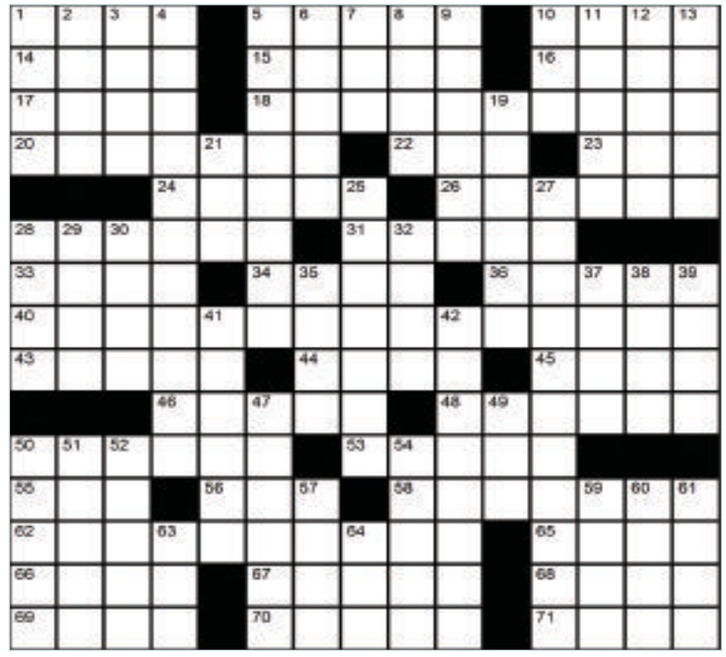
♒ Aquarius
Jan. 21 - Feb. 19
You need to protect what you have gained. Common sense tells you that your winning streak can't last forever and if you carry on taking risks, you could lose it all. Maybe it's time to cash in some of those chips.

♓ Pisces
Feb. 20 - March 20
This is very much a time to take risks. What happens around the time of the new moon on the 1st will delight you but it will be so much better if you start making creative and romantic things happen now. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

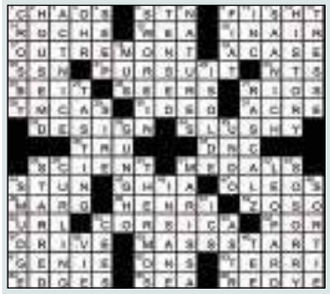
BY KELLY ANN BUCHANAN



Across
1. Sharon, Lois & __
5. Blackthorn fruits
10. "Song for the __": Maritime folk tune
14. Ms. Falana
15. "Cityline" guest expert, Bryce __ (Homeopath)
16. Stylish
17. Rent-_-__
18. Oscar-winning film, "Terms of __" (1983)
20. Canadian-born alum of SNL, Phil __
22. Hoops org.
23. Back then
24. Despises
26. National Capital Region community
28. Saskatchewan export
31. "It's been _ __ pleasure."
33. Swedish car
34. Broadway musical, Man __ __ Mancha
36. Intimidate
40. Waiter in Hollywood, often: 2 wds.
43. Not here
44. "__! _ mouse!"
45. Pants part
46. More pleasant
48. Some countertop edgings
50. Ms. Milano
53. Ms. Graff of '80s sitcom "Mr. Belvedere"
55. Writer, Rita __ Brown
56. Tiny tallnesses
58. Dublin's country
62. Quebec: Grosse Ile and the Irish Memorial National Historic Site (Where there was a __ station from 1832 to 1937)
65. Condo purchaser's wish
66. Bear constellation
67. Major artery
68. 'E' in QED
69. "Too stuffed, thanks." = "_ __."
70. Pari __ (Impartially)
71. Phone nos.

Down
1. Ho-hum
2. __-_-Fella Records
3. Wing-like
4. Winnipeg-raised actress on new Global medical drama "Remedy": 2 wds.
5. "Welcome Back, Kotter" student
6. ELO's Jeff
7. Former
8. Paradise
9. U.S. Navy builder
10. Fancy-style 1900
11. "_ __ a Symphony" by The Supremes
12. Naomi Watts starred in the 2002 American version of this Japanese horror
13. Ontario community
19. Hotels chain
21. Humanities degs.
25. F. Murray Abraham's Oscar-winning "Amadeus" (1984) role, Antonio __
27. Alannah Myles chart-topper about Elvis: 2 wds.
28. "Over here..."
29. Pledge
30. Weight allowance
32. Placing
35. Take off
37. __ Reader (Alternative press magazine)
38. Oasis songwriter
39. "__ bien!"
41. Memoirs of a __ (Arthur Golden novel)
42. Vicki __, Vancouver-born broadcaster
47. Snooze
49. Mariner's dir.
50. Quebec: Town in the Lower Saint-Lawrence
51. Ms. Linney
52. Leavening agent
54. Buildups in dryers
57. Greek portico
59. 'Million' suffix
60. Oscar-winner Patricia
61. ABC's ballroom show
63. Ms. Dawn Chong
64. US tax bureau

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	1	3	7	9	4	2	5	6
6	5	4	2	3	1	7	9	8
9	7	2	6	8	5	1	3	4
7	3	9	5	4	8	6	1	2
2	8	1	3	6	9	4	7	5
5	4	6	1	7	2	9	8	3
4	2	8	9	1	3	5	6	7
1	6	5	8	2	7	3	4	9
3	9	7	4	5	6	8	2	1

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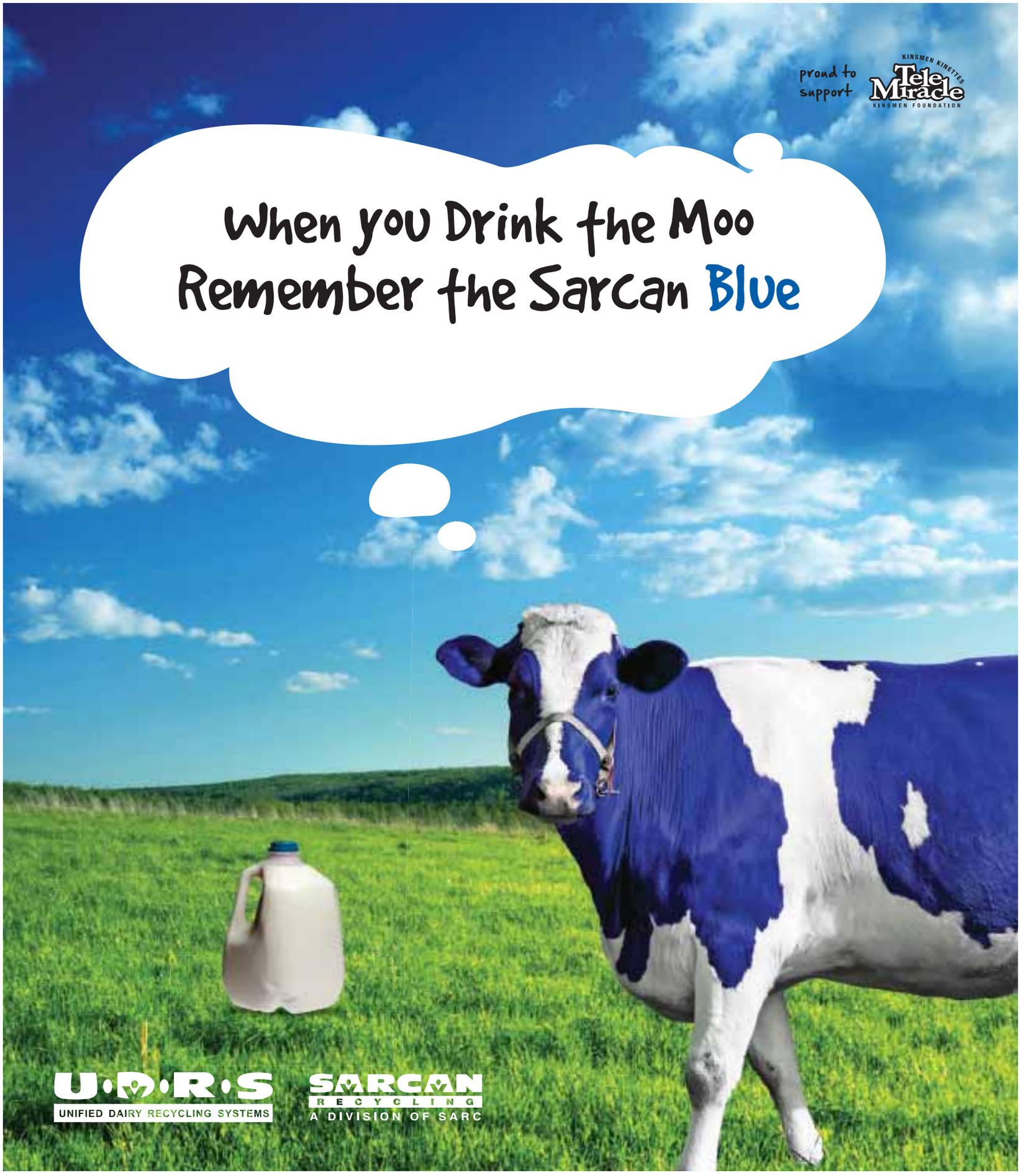
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